



# CAMHD Newsletter

Child and Adolescent Mental Health Division, Hawai'i State Department of Health

## WELCOME to CAMHD's New Medical Director



CAMHD is pleased to announce that Dr. John Vieselmann has accepted the CAMHD Medical Director position!

John comes to the CAMHD Chief Medical Officer position from Leeward Oahu FGC where he has been part of our system of care for the past 4 years. He has been active member of the Evidence-Based Services (EBS) Committee and brings a strong commitment to community based systems of care. Before coming to Hawaii, John had the fortune of working in the Ventura County, California Children's System of Care (one of the pioneer children's mental health systems of care in the country).

In addition to his strong to commitment to clinical practice and communities, John has been participating in a Duke University research study on measuring side effects of medications. He has, just recently, had an article published in the Journal of the American Academy of Child & Adolescent Psychiatry (the orange journal) entitled, "Staying in the Clinical Ballpark, While Runnnng the Evidence Bases". This article is about the CAMHD evidence based service initiative. Publications such as this allow the State to share our knowledge and experiences with clinicians, psychiatrists, and other systems across the country and throughout the world. We all benefit (the children, families, communities and our system) from prestigious publications such as this. We thank John (and his coauthor, Dr. Bruce Chorpita) for this work.

John brings a passion for excellence and a life long interest in data and data sys-

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tems. His knowledge and enthusiasm will certainly support us as we continue to forge into the age of electronic medical records and high quality data systems.

Please join me in welcoming Dr. Viesselman to this important role in our system. After transitioning from his position at Leeward Oahu FGC, you will be able to reach him in the Clinical Services Office of CAMHD. We expect that he'll be fully on board in this new position over the coming months.

This is great news for CAMHD. Please welcome him warmly as he takes on this new role.

*Christina Donkervoet*

## Provider Survey

In January, the Health Services Advisory Group (HSAG) is scheduled to conduct a Provider Survey. This survey will give clinicians an opportunity to provide feedback about their experiences with CAMHD and other plans with which they work. Responses to the survey will help to improve our services.

HSAG looks forward to hearing from you and thanks you in advance for your participation!

## Community-Based Residential and Therapeutic Group Homes lengths of Stay

The Interagency Performance Standards and Practice Guidelines or "Green Book" has a threshold for an expected maximum length of stay in each out of home level of care. When a youth has reached this threshold, a more intensive internal review is triggered at the Family Guidance Center level. For the Community-based Residential (CBR) and Therapeutic Group Home (TGH) levels of care, the threshold is set at 155 days.

CAMHD has completed the Length of Stay data report for Fiscal Year 2005. For CBR level of care, the average length of stay for

all contracted CBR's was 170 days. This overall average is 15 days longer than the 155 days threshold.

For the TGH level of care, the average length of stay for all contracted TGH's was 178 days. This overall average is 23 days longer than the 155 day threshold.

Each CBR and TGH provider was sent a letter informing them of their specific length of stay and the overall CBR or TFH average length of stay.

Thanks to the providers who work so hard to provide quality services

to our youth in accordance with CASSP principles for youth to receive services in the least restrictive, most natural environment that is appropriate.

*One generation plants  
the trees; another gets  
the shade.  
Chinese Proverb*

### *Week of 12-12-05*

Studies of the 3 best supported treatments for anxiety (CBT, Exposure, and Modeling) have involved primarily Caucasian and African American children and adolescents. One small study of exposure involved Japanese children (source: EBS Biennial Report 2004)

## ***By The Way:***

The Blue Menu will be updated. Check the CAMHD website for the updated tools, Evidence Based Child and Adolescent Psychosocial Interventions and Evidence Based Child and Adolescent Psychopharmacology. Go to <http://www.hawaii.gov/health/mental-health/camhd/library/webs/ebs/ebs-index.html>.



# Request for Proposal

On November 23, 2005 the CAMHD issued a Request for Proposal (RFP), (HTH 460-06-01), Comprehensive Behavioral Health Services for Children Youth and Families. The proposed contract term is expected to be from July 1, 2006 through June 30, 2007, and renewable annually for additional terms up to six (6) years.

The CAMHD is currently soliciting proposals from interested parties that have the capacity to provide timely, consistent and responsive mental health services to youth ages 3-21 years in the following categories of services: emergency public mental health, educationally supportive, intensive mental health and the Support for Emotional and Behavioral Development (SEBD) Program services.

The CAMHD conducted an RFP orientation session on Friday, December 21, 2005 at the Diamond Head Health Center in Kaimuki. All prospective applicants were encouraged to attend. Current contracted provider agencies sent a representative to the orientation. Questions and clarifications were discussed. The closing date for the submission of written questions is set for the 29<sup>th</sup> of December. Awarding of contracts will be done on March 17, 2006. The following is a schedule of the RFP activities.

Activity Scheduled Dates	
Public notice announcing RFP	11/23/05
Distribution of RFP	11/23/05
RFP orientation session	12/21/05
Closing date for submission of written questions for written responses	12/29/05
State purchasing agency's response to applicants' written questions	01/10/06
Discussions with applicant prior to proposal submittal deadline (optional)	02/03/06
Proposal submittal deadline	02/09/06
Discussions with applicant after proposal submittal deadline (optional)	02/13/06
Final revised proposals (optional)	NA
Proposal evaluation period	2/16 – 3/10/06
Provider selection	03/17/06
Notice of statement of findings and decision	03/17/06
Contract start date	07/01/06

For any one interested the RFP and its attachments can accessed on the CAMHD website.

See <http://www.hawaii.gov/health/mental-health/camhd/news/index.html>. Craig Kodama, Contracts Management Program Specialist is the contact person for any questions regarding the RFP. He can be reached at 733-9338 or by email at [cykodama@camhmis.health.state.hi.us](mailto:cykodama@camhmis.health.state.hi.us).

# Children and Youth Day

A great way for CAMHD to get the word out about our good mental health is to volunteer at community events. These pictures of Children and Youth Day show CAMHD employees in action. Children and Youth Day is held at the State Capitol once a year. Families come out to enjoy the activities and performances. They also come to learn about keeping their kids health and happy. Our booth was fun and interactive; kids drew how they were feeling or iden-



Aletta Chau of CAMHD Fiscal Section, Elayne Mitsui of Performance Management Office and daughter Jasmine take a photo break .

tified an emotion from a poster. Information was given out on mental health designed to reach both parents and children. CAMHD staff was on hand to answer questions.

One of the most diligent volunteers was a youth who benefited from CAMHD services who wanted a



Seven year-old twins Dana and Daryl with mom Patsy Chun, CAMHD Administrative Support Staff Specialist.



chance to give back and learn some work readiness skills. These community events allow us an opportunity to lessen the stigma around mental health by talking about it and give parents and kids resources they may need. Plus, it is a great way to spend some quality time with friends and colleagues not only those volunteering but those who come by to say hello.

CAMHD staff is looking forward to next year's event. We encourage providers to join us in volunteering our services.

*Children are the living messages we  
send to a time we will not see. ~*

*John W. Whitehead, The Stealing of America,  
1983*



# Hawaii Families As Allies—Youth Council

Hawaii Families as Allies (HFAA) is a statewide family network organization, recognized in Hawaii and nationwide as the voice on behalf of families of youth/young adults with severe emotional and behavioral challenges.

The HFAA implemented a youth leadership development initiative featuring a statewide youth council to provide input at the policy level from the perspective of those youth/young adults with severe emotional and behavioral challenges. In November 2000, HFAA began its search for young people to form Hawaii's first youth council for children's mental health.

Search efforts for interested youth/young adults between the ages of 14 and 25 began with letters sent to CAMHD family guidance centers, family and community organizations and also articles included in the SPIN and Mental Health Association newsletters. This search is ongoing.

Interested youth/young adults are asked to complete an application and submit it to HFAA. One of the questions that are asked during



the interview is "If you could change one thing (regarding ser-

vices for children and adolescents) what would it be?" Answers to this question help determine the focus of their work.

The first meeting of the Youth Council was held on April 28, 2001. Currently the executive body and some of the core members have been meeting monthly. The recruitment and interview process is ongoing as the organization continues to interview and select new members. The HFAA goal is to have a youth/young adult representative from every community on the council.

As members of the Council the youth/young adult members are learning about leadership, effective meeting participation and teamwork. They have started working on their vision/mission statement and have completed their by-laws. The youth/young adults brainstorm action planning around important issues and concerns they have identified. They have participated on youth panels at conferences and have spoken out individually at interagency meetings.

In May, 2005 the Youth Council participated in the HFAA Family conference held here on Oahu. Later that summer they created three public service announcements on stigma and bullying that were aired on two local television networks.

It is the vision of HFAA that the Council becomes the voice for youth in the state of Hawaii. Members of the Council see them-

selves as educators and advocates for better services for children, adolescents, youth and young adults. The Council provides opportunities to share the members' knowledge and experiences with heads of the system of care and legislators. They are bright, enthusiastic and energetic young people who have much to offer.

If any of you know of a youth/young adult who may be interested in becoming a member of the Youth Council, please contact Donna Makaiwi at 808 251-0059/487-8785 or toll-free at 1-866-361-8825 or visit the HFAA website at <http://hfaa.net/youth.htm>.

## *EBS Tip of the Week of 12-05-05*

Parent training in behavior management was found to be superior to client-centered therapy, family therapy, relationship therapy, supportive attention, and other active treatments in 7 controlled studies (source: EBS Biennial Report 2004).

## *EBS Tip of the Week of 12-12-05*

Studies of the 3 best supported treatments for anxiety (CBT, Exposure, and Modeling) have involved primarily Caucasian and African American children and adolescents. One small study of exposure involved Japanese children (source: EBS Biennial Report 2004)

# LIEUTENANT GOVERNOR DUKE AIONA VISITS MAUI YOUTH & FAMILY SERVICES SUBSTANCE ABUSE TREATMENT PROGRAM



Lt. Governor Duke Aiona Visits Maui Youth and Family Services Residential Programs

MAKAWAO, HAWAII – (December 20, 2005) – Inspiration came for several youth in the form of Lt. Governor Duke Aiona, who recently visited Maui Youth and Family Services (MYFS) behavioral health and substance abuse treatment program residents, speaking with the adolescents and program directors. His visit was marked by a tour of the facilities and open sharing by the youngsters of their hopes, dreams and aspirations for their futures and the benefits and changes they saw as a result of their treatment programs.

“The Lt. Governor is a true communicator and we were very impressed with how the youth responded to him, and the impact his visit had on them as well as how he in turn was touched by their excitement,” said MYFS CEO, Gail Gnazzo. “It was a very inspiring morning for all of us.”

MYFS is a private, not-for-profit, 501 (c)(3) organization that started out as the Maunaolu Youth Residential Shelter in 1978. MYFS’ mission is to build better lives with Hawaii’s families. Its purpose is to provide a comprehensive continuum of wellness services to all those youth in need and their families in Hawaii.

MYFS offers one of only two adolescent substance

abuse treatment programs in the state. It currently has openings in its residential treatment programs,

*We worry about what a child will become tomorrow, yet we forget that he is someone today.*

*Stacia Jauscher*

which include Hale Ho’omana (to empower), an independent and transitional living program; Ne’e I’ mua ( moving forward), a therapeutic living program for boys, and Ho’omaka Hou (a new beginning) and Ka Pono (a correct state of being) behavioral health treatment for chemically dependent and dually diagnosed youth.

For more information on the Maui Youth and Family Services Residential Treatment Programs, or if you know a youth in need of a program, please contact Maui Youth and Family Services, 579-8414, ext. 41.

## Share Your News

**Please share your stories of success, special events, trainings, and any other noteworthy activities that others may want to hear about. Call Ku’ulei Wilton, Provider Relations Liaison at 733-9857 or email her at [hkwilton@camhmis.health.state.hi.us](mailto:hkwilton@camhmis.health.state.hi.us).**



## EBS Tip of the Week of 12-26-05

In the research literature, behavior management when applied in the classroom setting tends to occur more frequently over a shorter period of time than when applied in a parent training format where sessions tend to occur weekly (source: EBS Biennial Report 2004).

# CAMHD Welcomes New Behavioral Health Specialist for Transitions and Best Practice Development

Teru Morton was born in Hawaii, graduated from University High School, and got her B.A. at



Swarthmore College and her Ph.D. in Clinical Psychology at the University of Utah. Dr. Morton's first job was at the UH-Manoa Psychology Department, where she was originally tenured, and she also had a private

practice on Oahu and the Big Island.

In the mid-80's she returned to the mainland to be an administrator for the American Psychological Association, and then to work in the public sector behavioral managed care arena, with involvement in systems of care for Medicaid children and youth in 15 states. She has given testimony before U.S. Congress on public mental health funding needs on several occasions. She was involved in training Bosnian educators and mental health professionals to detect and treat trauma and related disorders in Bosnian children and youth both during and

after that war. She has more than 100 publications and has also been on the faculties at Vanderbilt University, University of Missouri-Columbia, University of San Diego School of Business, Center for Creative Leadership, and Alliant International University/California Schools of Professional Psychology,

She is glad to be back home again and working as a Behavioral Specialist for transitions and best practice development with CAMHD's Clinical Services Office providing consultation and training. She also serves as the System Supervisor for CAMHD's Multidimensional Therapy Foster Care.

## Aloha to Ora

December 30, 2005 was Ora Mae Barber's last day on the job with CAMHD. She will be sorely missed by CAMHD staff and providers as well. She had proven to an invaluable source of experience and expertise in many aspects of her position as an administrative support staff. Management of data and documentation was a strength appreciated by many.

Ora Mae was born in Honolulu, graduated from Roosevelt High School and the University of Hawaii. She studied French culture, Economics and language at the University of Paris (the Sorbonne) as a graduate student. She came back to Hawaii to teach French, but was asked back to the University of Hawaii to work as a specialist on various

Federal research projects which included the Evolution and Genetics on Hawaiian Drosophilidae (NIMH), Dimensionality of Nations Project (ARPA), Coastal Zone Management (Urban Planning), Environmental Center (EQRO), Solar Energy (Dept of Energy) and given all kinds of fancy titles to work as a highly skilled typist and office manager.

She continued taking classes through her twenty years at the University, especially studying languages which she used in all her jobs and world travels with her husband. She raised four children and traveled extensively with her husband learning to work in the field of telecommunications around the world. She planned to retire in 1994, but found a job at CAMHD and stayed an additional 11 years.

Henry Ford once said, *"You can't build a reputation on what you're going to do."*

For all of us Ora built her reputation by what she did do for us.



She was an integral part of CAMHD. She will truly be missed.

Aloha and Mahalo to Ora!



# Aloha and Mahalo

**ALFRED M. ARENSDORF, M.D.**



Al and his wife Jan enjoy some of the humor shared by a colleague.

Dr. A., as CAMHD staff respectfully addressed this very special man, has retired from CAMHD in November, 2005. He was a highly respected professional in the CAMHD as well within the provider network and community.

Al Arensdorf is a child and adolescent psychiatrist who has practiced in Hawaii, California, Washington, Viet Nam, and New Mexico. Thirty years of his career have focused on service, advocacy and public health concerns: serving youth and families statewide. The interaction between family mental health status and child educational progress has been an enduring special interest to him.



Staff and friends join in retirement send-off to Al at the Radisson Hotel November 1, 2005.

Born in rural Iowa, Al had long-standing concerns about under-served and un-served populations, the effects of poverty, discrimination of all forms, neglect and abuse, and populations whose access to mental health services is compromised by issues related to cultural issues or minority status.

After many years in academia, private practice, HMO, and military settings, Al returned to his roots in public health in Hawaii's Department of Health as Maui District Health Officer in 1998, moving to the Medical Director position in the Child and Adolescent Mental Health Division in 1999. He remains a clinical professor in the John A. Burns School of Medicine's Department of Psychiatry, teaching primarily in the residency programs on family and systems' approaches.

He continues to be active in the American Academy



Al, and Branch Chiefs, Alton Tamashiro, Leonard Bantungbacal and Patricia Harnish.

of Child and Adolescent Psychiatry, having served on the Rural Child Psychiatry Committee for over 17 years, serving at various times in the Assembly of Regional Organizations as Delegate or Alternate Delegate.

He has served on boards of many community non-profit organizations that provide crisis, substance abuse, or mental health services as well as serving in various roles with the Maui Mental Health Association, the State Mental Health Advisory Council, the Children's Advocacy Center, and many other community organizations.

He and his wife, Jan, have five adult children, three of whom have remained in Hawaii. Jan and Al have looked forward to this time in their lives. Both love to travel and visit family; ocean cruises with friends are their favored form of travel.

Aloha and mahalo to Dr. "A."





## THE HAWAII CERC PROJECT IS OFF TO A GREAT START THANKS TO AN ENTHUSIASTIC RESPONSE FROM PROVIDERS

(By Noe Perreira, Psy.D. and Lesley Slavin, Ph.D.)

The CERC (Cultures Of Engagement In Residential Care) Project is a CAMHD Practice Development Initiative funded by a three-year grant from the Federal Substance Abuse and Mental Health Services Administration. The first major event for the Hawaii CERC project was the Executive Training Institute held on September 14<sup>th</sup> and 15<sup>th</sup>, 2005. The training was presented by the National Technical Assistance Center for State Mental Health Planning (NTAC) and sponsored by the Hawaii Department of Health (DOH) Child and Adolescent Mental Health Division (CAMHD).

Organizations represented at the training included Bobby Benson Center, Catholic Charities, Hale Kipa, Hale `Opio Kauai, Hawaii Center for Children, Hawaii Families as Allies, Marimed Foundation, Maui Youth and Family Services, Pu`ukamalu/Kid's Behavior Health, Queen's Medical Center, University of Hawaii at Manoa and Department of Health staff. Grant funds were used to provide travel scholarships to allow neighbor island providers to participate.

The purpose of the training was to raise awareness and provide an overview of national efforts to create violence and coercion free mental health treatment environments for children and youth. Attendees received information and resources to help them work on minimizing the use of seclusion and restraint in

their programs. The training was also an opportunity for us to introduce our Hawaii CERC project and to connect with our colleagues at the various provider agencies. As a follow-up, Dr. Lesley Slavin has developed a 2-hour presentation for the Family Guidance Center Staff summarizing the NTAC curriculum material. She has presented it to the Central Oahu, Leeward Oahu and Maui Family Guidance Centers so far, and plans to make presentations to the remaining centers over the next several months.

Building on the momentum of the NTAC training experience, the first statewide "Best Practices Network in Residential Care" daylong meeting was held on November 4, 2005. Eighteen clinical leaders from agencies that provide residential care participated, including Benchmark Behavioral Services, Bobby Benson Center, Catholic Charities, Child & Family Services, Hale Kipa, Hale Opio Kauai, Marimed Foundation, Maui Youth and Family Services, Puukamalu/Kids Behavioral Health and Queens Medical Center.

We were very encouraged by the enthusiasm of the participants and the progress made as a group identifying areas of mutual interest related to improving residential care environments. We have agreed to convene the group quarterly. We'll be using videoconferencing for two meetings a year, and will have two in-person meetings a year.

Our first Positive Alternatives Team (PAT) has been formed

and has started working with two community-based residential programs: Bobby Benson Center on Oahu and Kid's Behavioral Health on the Big Island. The PAT is comprised of our grant staff specialist, Dr. Noe Perreira, and a staff member from each of these two agencies. The PAT has been visiting both sites, collecting initial data from interviews, focus groups, observations and questionnaires.

The next step (during the month of December) will be utilizing the compiled data to help the PAT formulate recommendations for the management team at each agency. These will be presented to the leadership, and the team will collaborate with each management team to develop a plan. The team will work with these two sites for the next six months to implement the plan and evaluate the results. During the next two years, four additional residential programs will participate in the PAT intervention utilizing grant support.

More information about the Hawaii CERC Project and our ongoing efforts to improve residential care for youth can be found at: <http://www.hawaii.gov/health/mentalhealth/camhd/library/webs/cerc/cerc.html>. This page is linked to the Practice Development section of our CAMHD website. You can find an overview of the Hawaii CERC project, PDF files of the presentations shared at the Hawaii Psychological Association and our first "Best Practices Network" meeting at this site as well.



## ***Welcome to New Staff***

*Ted Knapp – Research Statistician*  
*Robert Hamamoto – Personnel Management Specialist*  
*Johnelle Chon – Financial Resources Clerk*  
*Tammie Perreria – CSO Restraints & Seclusion Specialist*  
*Heather Radtke, Credentialing Specialist*  
*William Beljeau – HI FGC MHCC IV*  
*Sandra Dreschel – HI FGC MHCC IV*  
*Rebecca Gavin – HI FGC MHCC IV*  
*Earl Young – CO FGC MHS I*  
*Diane Shepard – LO FGC SW/HSP*  
*Roy Brooks – FCLB SW/HSP*  
*Jenny Jacobs- MI FGC MHCC IV*  
*Cherish Mexia – KI FGC MHCC IV*

## ***Events of Note***

HSAG Provider Survey—to be conducted in the month of January

CAMHD/CEO Meeting—February 1, 2006  
Room 418, 10:00 a.m.—12:00 p.m.

RFP 460-06-01—Proposal Submittal Deadline— February 9, 2006

RFP 460-06-01— Provider Selection and Notice of Findings to Providers

Provider Quarterly Meeting—March 16, 2006, 1:30—3:30 P.M. Site TBA



Christina M. Donkervoet, M.S.N., A.P.R.N.  
Chief CAMHD  
John Viesselman, M.D.  
Medical Director

Central Oahu FGC, Alton Tamashiro, ACSW, LSW  
Family Court Liaison, Rachel Guay, ACSW, LSW  
Hawaii FGC – Keli Acquaro, M.A.  
Honolulu FGC, Paul Rupf, M.S.  
Kauai FGC, Acting Chief Melissa Sinkus, MD  
Leeward Oahu FGC, Leonard Batungbacal, M.S.  
Maui FGC, Virginia Shaw, Ph.D.  
Windward Oahu FGC, Pat Harnish, Ph.D.  
Performance Manager, Mary Brogan, M.Ed.  
PHAO, T. Orvin Fillman, D. P.H.  
Clinical Services Office, John Viesselman, M.D.

*The mission of the Child and Adolescent Mental Health Division is to provide timely and effective mental health services to children and youth with emotional and behavioral challenges and their families.*

The CAMHD Newsletter is published bi-monthly by the Child and Adolescent Mental Health Division. It is provided for informational purposes only. Please send comments and questions to Ku'uilei Wilton, Provider Relations at (808) 733-9857 or [hkwilton@camhmis.health.state.hi.us](mailto:hkwilton@camhmis.health.state.hi.us).

Please visit us on the Internet at  
[www.hawaii.gov/health/mental-health/camhd/index.html](http://www.hawaii.gov/health/mental-health/camhd/index.html)

***CAMHD Newsletter Editor: Kuulei Wilton***